

## Small Intestine Function

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. Food allergies or sensitivities   | 1 | 2 | 3 | 4 |
| 2. Abdominal bloating 1 to 2 hours after eating meals  | 1 | 2 | 3 | 4 |
| 3. Specific foods make you tired or bloated  | 1 | 2 | 3 | 4 |
| 4. Pulse speeds after eating   | 1 | 2 | 3 | 4 |
| 5. Airborne allergies  | 1 | 2 | 3 | 4 |
| 6. Experience hives  | 1 | 2 | 3 | 4 |
| 7. Sinus congestion "stuffy head"  | 1 | 2 | 3 | 4 |
| 8. Crave breads and/or noodles   | 1 | 2 | 3 | 4 |
| 9. Alternating constipation and diarrhea   | 1 | 2 | 3 | 4 |
| 10 Crohn's Disease   | 1 | 2 | 3 | 4 |
| 11 Wheat or grain sensitivity  | 1 | 2 | 3 | 4 |
| 12 Dairy sensitivity   | 1 | 2 | 3 | 4 |
| 13 Are there foods you could not give up   | 1 | 2 | 3 | 4 |
| 14 Asthma, sinus infections and/or stuffy nose   | 1 | 2 | 3 | 4 |
| 15 Bizarre vivid or nightmarish dreams   | 1 | 2 | 3 | 4 |
| 16 Use over-the-counter pain medications   | 1 | 2 | 3 | 4 |
| 17 Feel spacey and/or unreal   | 1 | 2 | 3 | 4 |
| 18 Indigestion, fullness or tension in your abdomen occurring 2-4 hours after eating a meal    | 1 | 2 | 3 | 4 |
| 19 When massaging under your rib cage on your left side, there is pain, soreness and/or tender | 1 | 2 | 3 | 4 |
| 20 Excessive passage of gas  | 1 | 2 | 3 | 4 |
| 21 Abdominal cramps and/or aching  | 1 | 2 | 3 | 4 |
| 22 Nausea and/or vomiting  | 1 | 2 | 3 | 4 |
| 23 Dry, flaky skin and/or dry brittle hair   | 1 | 2 | 3 | 4 |
| 24 Difficulty gaining weight   | 1 | 2 | 3 | 4 |
| 25 Weakness and/or fatigue   | 1 | 2 | 3 | 4 |
| 26 Specific foods and/or beverages aggravate indigestion                                       | 1 | 2 | 3 | 4 |

27	Roughage and/or fiber causes constipation	1	2	3	4
28	Three or more large bowel movements per day	1	2	3	4
29	Alternating constipation and/or diarrhea	1	2	3	4
30	Poorly formed stool	1	2	3	4
31	Undigested food in stool	1	2	3	4
32	Greasy, shiny stool	1	2	3	4
33	Yellowish , foul-smelling stool	1	2	3	4
34	Mucous in stool	1	2	3	4
35	Black stool	1	2	3	4
36	Rectal spasms	1	2	3	4
37	Dark urine	1	2	3	4
38	Pain, soreness and/or discomfort on the inside of the left shoulder blade	1	2	3	4
39	Pounding heart	1	2	3	4
40	Iron deficiency anemia	1	2	3	4
41	Currently using digestive enzymes	1	2	3	4
42	Lower abdominal discomfort is relieved with the passage of gas or with a bowel movement	1	2	3	4
43	Diarrhea (frequent loose and/or watery stool)	1	2	3	4
44	Bowel movement shortly after eating (within 1 hour)	1	2	3	4
45	The consistency or form of your stool changes within the course of the day	1	2	3	4
46	Lower bowel gas several hours after eating	1	2	3	4
47	Pass large amounts of foul smelling stool	1	2	3	4
48	Low self esteem	1	2	3	4
49	Feel tired after eating meals	1	2	3	4
50	Fiber rich diet will not stop constipation	1	2	3	4
51	History of acne, pimples and/or skin eruptions	1	2	3	4
52	Pain and/or discomfort in the head, neck and/or body between 1:00 – 3:00 pm	1	2	3	4



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